

# King George V School – November 2023

	20/11 Mon	21/11 Tue	22/11 Wed	23/11 Thu	24/11 Fri
<b>Main Entrée A</b> \$36 (Dine-in) \$39 (Takeaway)	Chicken & pineapple fried rice	BBQ pork (Char Siu) w/ rice	Grilled chicken steak w/ gravy, rice	Bacon mac & cheese	Pork cutlet w/ Tonkatsu sauce, rice
<b>Main Entrée B</b> \$36 (Dine-in) \$39 (Takeaway)	Braised beef w/ Portuguese sauce, spaghetti	<b>Sole fillet Florentine w/ mashed potato</b>	Braised diced pork in sweetcorn sauce w/ rice	Stir-fried chicken w/ chili bean sauce, rice	Creamy chicken casserole w/ spaghetti
<b>Main Entrée C(V)</b> \$33 (Dine-in) \$36 (Takeaway)	(Vegan) Mixed bean masala w/ rice	(V) Braised OmniMeatball w/ fusilli in tomato sauce	(V) Farfalle pasta in mushroom cream sauce	(Vegan) Lentil Bolognese w/ rice	(V) Tortilla de papas w/ tomato & bell pepper (Spanish Omelette)
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Bowl A</b> \$39 (Takeaway Only)	Japanese pork curry w/ rice	Phở bò (Vietnamese soup noodle w/ beef)	Chicken laksa	Shanghainese noodle w/ pork chop in soup	Udon soup w/ chicken
<b>Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm</b>					
<b>Salad</b> \$36 (Takeaway Only)	Grilled bacon Caesar	(V) Potato salad w/ Thousand Island dressing	Thai pork jowl salad w/ sweet & sour dressing	(V) OmniTuna pasta salad	Japanese green tea soba
<b>Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Pizza A</b> \$28	Ham & cheese	BBQ chicken & mushroom	Pepperoni & mushroom	Meat lovers	Bacon & cheese
<b>Pizza B (Veg)</b> \$28	(V) Pizza marinara	(V) Trio cheese	(V) Pizza marinara	(V) Trio cheese	(V) Pizza marinara

A disposable levy charge of HK\$3 will be added when requesting for takeaway container & cutlery

 Vegan 
  Contains dairy 
  Contains egg 
  Mild-spicy

eat together

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fresh. healthy. tasty

Nutrition Information (per 100g)	20/11 Mon			21/11 Tue			22/11 Wed			23/11 Thu			24/11 Fri		
	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)
<b>Social Kitchen</b>															
<b>Main Entrée A</b>	Chicken & pineapple fried rice			BBQ Pork (Char siu) w/ rice			Grilled chicken steak w/ gravy, rice			Bacon mac & cheese			Pork cutlet w/ Tonkatsu sauce, rice		
	138	5	3	132	6	3	155	7	5	145	6	5	157	8	6
<b>Main Entrée B</b>	Braised beef w/ Portuguese sauce, spaghetti			Sole fillet Florentine w/ mashed potato			Braised diced pork in sweetcorn sauce w/ rice			Stir-fried chicken w/ chili bean sauce, rice			Creamy chicken casserole w/ spaghetti		
	134	5	4	143	8	5	140	8	4	138	6	4	158	6	5
<b>Main Entrée C</b>	(Vegan) Mixed bean masala w/ rice			(V) Braised Omni Meatball w/ fusilli in tomato sauce			(V) Farfalle pasta in mushroom cream sauce			(Vegan) Lentil Bolognese w/ rice			(V) Tortilla de papas w/ tomato & bell pepper (Spanish omelette)		
	147	3	3	133	4	4	122	3	3	128	5	3	130	4	6
<b>Bowl</b>															
<b>Bowl A</b>	Japanese pork curry w/ rice			Phở bò (Vietnamese soup noodle w/ beef)			Chicken laksa			Shanghainese noodle w/ pork chop in soup			Udon soup w/ chicken		
	165	8	7	112	6	2	142	6	4	136	6	4	108	5	2
<b>Leo's café</b>															
<b>Salad</b>	Grilled bacon Caesar			(V) Potato salad w/ Thousand Island Dressing			Thai pork jowl salad w/ sweet & sour dressing			(V) OmniTuna pasta salad			Japanese green tea soba		
	190	8	4	126	2	4	122	8	5	129	6	4	86	2	2

eat together